

CUFIT SCHEDULE

SPRING 2025 (APR 28 - JUNE 28)

* SIGN UP REQUIRED
REC.CARLETON.CA/BOOKING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:05 - 12:55 PM CU CIRCUIT CURT B. MULTIPURPOSE 12:05 - 12:55 PM CU SPIN HIITS* LISA H. SPIN STUDIO 12:05 - 12:55 PM AQUAFIT MEGAN S. POOL 5:30 - 6:30 PM SPIN & STRENGTH* MELANIE R. SPIN STUDIO 6:00 - 7:00 PM GLOW ZUMBA CAROLINA I. RAVENS STUDIO 6:45 - 7:45 PM CU CIRCUIT MELANIE R. MULTIPURPOSE	12:05 - 12:55 PM PILATES* PAM F. YOGA STUDIO 12:05 - 12:55 PM CU CIRCUIT ZOE K. MULTIPURPOSE 5:30 - 6:30 PM KICKBOXING FUNDAMENTALS JEN K. COMBATIVES 5:30 - 6:30 PM HATHA YOGA KELSEY Y. YOGA STUDIO 5:30 - 6:30 PM CU SPIN HIITS* MELANIE R. SPIN STUDIO	12:05 - 12:55 PM HATHA YOGA ETIENNE R. YOGA STUDIO 12:05 - 12:55 PM CU CIRCUIT LACEY T. MULTIPURPOSE 5:30 - 6:30 PM CU SPIN HIITS* REBECA T. SPIN STUDIO 6:00 - 7:00 PM GLOW ZUMBA CAROLINA I. RAVENS STUDIO 6:00 - 7:00 PM GLOW YOGA CHRISTINA P. YOGA STUDIO 7:45 - 8:45 PM BALLISTIC BOXING MARTIN F. COMBATIVES	12:05 - 12:55 PM PILATES* PAM F. YOGA STUDIO 12:05 - 12:55 PM KICKBOXING FUNDAMENTALS JEN K. COMBATIVES 5:00 - 6:00 PM BALLET BARRE PILATES COMBO PAM F. COMBATIVES	12:05 - 12:55 PM CU STRONG GRACE D. MULTIPURPOSE 6:00 - 7:00 PM ZUMBA CAROLINA O. MULTIPURPOSE	11:00 - 12:00 PM HATHA YOGA CHRISTINA P. YOGA STUDIO

SCHEDULE SUBJECT TO CHANGE

